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Reintegration of destructive beliefs with the use of REBT Therapy among HIV Patients

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The present study explored the relationship overcoming destructive beliefs with the use of Rational Emotive Behavior Therapy among HIV patients. It was hypothesized that there is likely to be relationship between rational emotive behavior therapy to challenge the destructive beliefs among HIV patients. Repeated measure research design was employed and purposive sampling was used to draw a sample of 12 patients who had undergone treatment for HIV disease from Mayo hospital, Jinnah hospital and Services Hospital, Lahore. Demographic information sheet, history take examination, MSE and destructive beliefs measure by shortened general attitude and belief scale. The new and personal invention of the study is the pictorial presentation of REBT techniques give a better understanding and significant result. All the pictures were hand made and my mind invention. The finding of the study indicated a significant difference in irrational beliefs of HIV Patients before and after treatment. Based on the finding, it can be concluded that present research provides justification for irrational beliefs in HIV Patients.

Biography

Adeela Saba is a clinical psychologist from Pakistan. She did her M.S.C from B.Z.U, A.D.C.P from sargodha uni and NLP, Hypnosis from G.C university. Now a day she is doing practice in ALFATHA clinic and SERVICES hospital. Her research includes psychotic, neurotic, drug users and HIV Patients.

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